



Desert Sierra Health Network Meeting Minutes  
**November 13, 2007, 11:30 a.m. –1:30 p.m.**  
 American Sports University  
 399 North “D” Street, San Bernardino, CA 92401

**Packet Handouts:**

- November 13, 2007 Meeting Agenda
- August 21, 2007 Meeting Minutes
- DSHN Members & Guests: August 21, 2007 Meeting Announcements
- ~DSH Network News!~ Fall 2007 Updates
- Save the Date: Next DSHN Meeting 2/12/08
- Meeting & Taste Testing Evaluation Forms
- *Network Recipe: Hummus Dip*

**Sign- Up Opportunities:**

- DSHN & Committees

**Additional Member/Presenter/Guest Handouts:**

- DSHN: Fact Sheet & Membership Application
- SBC TAD Office: *C4Yourself*
- Healthy Families International: *Be Smart, Eat Right Workshop*
- Healthy Fontana: *Health of It, Walking Club, Healthy Cooking Class, Step Out to Wellness*
- Healthy Chino: *Healthy Snack, Fundraising & Classroom Party Ideas, Healthy Food Shopping Free Gardening Workshop, Café Night & Healthy Snacks/Beverages*
- Riverside Community Health Foundation: *Life style Prevention & Management of Diabetes, Riverside Community Diabetes Collaborative*
- Kids Come First Community Clinic: *Primary Health Care*
- Community Health Action Network: *Nutrition Education Classes*
- California Medical Association Foundation: Promoting Health through the Food Stamp Program

Agenda Item	Discussion	Action
<b>Welcome, Introductions</b>	Eddie Martinez, Chair, and Sharon Nelson, Vice Chair opened the meeting. Attendees were welcomed and introductions were made.	❖ See last page for list of 56 attendees
<b>Ground Rules</b>	Ground rules were displayed and reviewed by Sharon.	❖ Ground Rules will be posted during each DSHN meeting
<b>American Sports University</b>	Nina Couturiaux, Faculty Administrator, provided information about the American Sports University, the only university focusing entirely on all aspects of physical activity/sports.	❖ For more information on the American Sports University call 909-889-5555 or visit 399 North “D” Street in San Bernardino
<b>Review &amp; Approve August 21, 2007 Meeting Minutes</b>	Minutes for August were reviewed by membership and approved by Durreen Qureshi and seconded by Paula deSilva without any changes. All were in favor.	❖ Pamela Sampson will send approved minutes to entire DSHN membership

<p><b>Food Stamp Presentation &amp; Dialogue: Online Applications Process</b></p>	<p><b>Peggy Smithson</b>, District Manager, and <b>Laurie Steele</b>, MediCal Specialist, both from the Transitional Assistance Dept in SB County, discussed the Food and Nutrition Assistance Program, also known as the Food Stamp Program and highlighted the new web-based application system, <i>C4Yourself</i>.</p> <p>USDA's Food Stamp Program (FSP) allows eligible individuals to buy food they need for good health at authorized retail outlets through the use of an Electronic Benefits Transfer (EBT) Card. Every \$5 spent with Food Stamps, generates \$9 for the community.</p> <p>The <i>C4Yourself</i> online registration began 10/29/07 and is designed to increase participation by allowing potential participants to apply for the FSP at any time from the convenience of any computer with internet access. The online application process streamlines the steps, reduces the potential for errors, and involves community agencies to promote the program. Benefits of using the online system are:</p> <ol style="list-style-type: none"> <li>1. Easily available to those with internet accessibility</li> <li>2. Ability to apply outside of normal work hours</li> <li>3. ADA standards are met</li> <li>4. Language targets fourth to sixth grade reading level</li> <li>5. General inquiry information is available</li> <li>6. Pre-screening is available prior to application <ul style="list-style-type: none"> <li>○ The application data can be saved and completed later</li> <li>○ English and Spanish applications are available for the clients, yet workers see the application in English only.</li> </ul> </li> </ol>	<ul style="list-style-type: none"> <li>❖ DSHN members to promote the <i>C4Yourself</i> website... <a href="http://www.C4Yourself.com">www.C4Yourself.com</a></li> <li>❖ For additional information, contact Peggy at <a href="mailto:psmithson@hss.sbcounty.gov">psmithson@hss.sbcounty.gov</a> or (909) 760-956-4009</li> <li>❖ Additional links....  <a href="http://www.fns.usda.gov/fns/">http://www.fns.usda.gov/fns/</a>  <a href="http://hss.co.san-bernardino.ca.us/HSS/default.asp">http://hss.co.san-bernardino.ca.us/HSS/default.asp</a>  <a href="http://dpss.co.riverside.ca.us/dpss">http://dpss.co.riverside.ca.us/dpss</a></li> </ul>
<p><b>Physical Activity</b></p>	<p>Physical Activity Break was led by Dede Benson from City of Fontana and featured the DVD, <i>Instant Recess</i> by Dr. Antroinette Yancy</p>	<ul style="list-style-type: none"> <li>❖ For information on the DVD, <i>Instant Recess</i> by Dr. Yancy, contact Josette Quinn at 951-358-5985 or <a href="mailto:jharris@co.riverside.gov">jharris@co.riverside.gov</a>.</li> </ul>

<b>Mini Grantee Presentations</b>	<p><u>Michelle Beckman, School Nurse, Davidson Elementary, SB City Schools</u> Cooking lessons and classes were done throughout the year, which motivated children to eat healthy and brought parents into the education. The Healthy Food and Fitness Festival featured many displays and food demonstrations by local organizations for community residents.</p> <p><u>Grace Soeter, Founder/President, Healthy Families International</u> Grace described the variety of classes developed to promote nutrition and physical activity for three schools in the Corona/Norco School District that were performed for over 1,050 kids, 51 teachers and other staff.</p> <p>Results have shown that more foods were eaten from each of the salad bars. The teachers loved the program, and the hope is that the children will share the information with their families. Since current grant funding is limited, Grace also spoke of the importance of having interested agencies sponsor additional schools.</p>	<ul style="list-style-type: none"> <li>❖ For more information on Healthy Families International, or if interested in sponsoring additional schools, please contact Grace at 951-272-3222 or <a href="mailto:gksoeter@yahoo.com">gksoeter@yahoo.com</a></li> <li>❖ Rodney Taylor would like to have the program implemented at the Riverside Unified School District and will be looking for ways to make that possible</li> </ul>
<b>Networking Activity: Announcements for Upcoming Events/Meetings/ Network/Share</b>	<p><b>Eddie Martinez</b> The DSHN Fact Sheet was distributed to all attendees.</p> <p><b>Dr. Ernie Medina</b> The Robert Woods Johnson, \$ 8.2 million grant was recently announced. Dr. Medina, Xrtainment Zone would like to partner with interested members for a healthy video games grant.</p> <p><b>Astrid Mickens</b> <i>Network for a Healthy California-- African American Campaign</i> meeting, featuring our Champion Mom, will be held after today's DSHN meeting. The campaign is looking for more champion moms.</p>	<ul style="list-style-type: none"> <li>❖ DSHN members to use/share the fact sheet when educating potential partners or other community members, and have those interested in joining DSHN to contact Pamela Sampson at 909-387-9144 or <a href="mailto:psampson@dph.sbcounty.gov">psampson@dph.sbcounty.gov</a></li> <li>❖ Contact Dr. Medina at 909-335-4131 or <a href="mailto:emedina@epiclp.com">emedina@epiclp.com</a> if interested in discussing a possible grant partnership</li> <li>❖ Contact Astrid at 909-387-0173 or <a href="mailto:amickens@dph.sbcounty.gov">amickens@dph.sbcounty.gov</a> for information on the campaign or champion mom suggestions</li> </ul>

	<p><b>Dede Benson</b> Healthy Fontana will be holding cooking classes (and developing a cookbook), walking clubs and introducing the new outdoor fitness boot camp.</p> <p><b>Leticia Salazar Allen</b> <i>Network for a Healthy California-- Latino Campaign</i> will be meeting after today's DSHN meeting.</p> <p><b>Mr. CJ Page</b> Nutrition education classes targeting low income parents and children will be held in January, February, April and June 2008 at various locations in the high desert.</p> <p><b>Elaine Akers</b> from San Bernardino Valley College coordinates student health services and thus works with a wide range of ages, diverse economics and ethnicities. She is interested in obtaining information for students and teachers, incentives for health fairs, volunteers to talk to students in classes and individuals to judge contents of school promotions.</p> <p><b>Ninfa Delgado</b> Health Education Seminar, titled <i>Lifestyle Prevention &amp; Management of Diabetes</i> (Spanish) will be held 11/19/07 from 6-8 PM at Riverside Community Health Foundation.</p>	<ul style="list-style-type: none"> <li>❖ For more information on the Healthy Fontana cooking classes, walking clubs, Boot Camp, to submit a recipe or if interested in judging the recipes, visit the website at <a href="http://www.fontanarecreation.org">www.fontanarecreation.org</a> or contact Dede at 909-350-6541 or <a href="mailto:dbenson@fontana.org">dbenson@fontana.org</a></li> <li>❖ For more information on the campaign, contact Leticia at 909-387-6851 or <a href="mailto:lsalazar@dph.sbcounty.gov">lsalazar@dph.sbcounty.gov</a></li> <li>❖ To learn more about improving your family's health through proper nutrition, contact Mr. CJ Page at 909-578-0021 for specific date, time and class locations</li> <li>❖ Please contact Elaine at 909-384-8273 or <a href="mailto:eakers@sbccd.cc.ca.us">eakers@sbccd.cc.ca.us</a> if you are able to help in any capacity</li> <li>❖ For additional information, contact Ninfa at 951-788-3471 or <a href="mailto:ninfa@rchf.org">ninfa@rchf.org</a></li> </ul>
<b>Next Meeting Date, Evaluations, &amp; Thank You</b>	<p>Attendees were asked to complete the meeting and taste testing evaluations.</p> <p>All were thanked and meeting was adjourned by Eddie Martinez.</p>	<ul style="list-style-type: none"> <li>❖ <b>Next meeting date</b> is scheduled for February 12, 2008 in Riverside (Later rescheduled to February 11, 2008)</li> </ul>
<b>American Sports University Tours</b>	<p>Guided tours of the university were scheduled after the main and afternoon meetings</p>	<ul style="list-style-type: none"> <li>❖ Members interested in touring the university will meet in lobby at 1:30 pm or 3:15 pm</li> </ul>

Teleconferencing capability was unavailable at this site.

**Fifty Six in Attendance:** 39 Members & 17 Guests

Akers, Elaine, San Bernardino Valley College/Student Health Services  
 Baltazar, Angelica, San Bernardino County DPH  
 Benson, DeDe, City of Fontana/Community Services Department  
 Briggs, Jennifer, American Cancer Society  
 Collins, Nicole, City of Fontana/Healthy Fontana  
 Delgado, Ninfa, Riverside Community Health Foundation  
 de Silva, Paula, San Bernardino County DPH/Food Security Program  
 Dhason, Melani, SB County DPH/*Network for a Healthy California—Children's Power Play Campaign*  
 Ganthavorn, Chutima, UC Coop Extension, Riverside County  
 Gavilanes, Leticia, City of Montclair  
 Goodwin, Sue, City of Ontario, Recreation/Community Services  
 Guichard, Elisa, San Bernardino County DPH/Project LEAN  
 Haag, Monica, San Bernardino County DPH/CHDP/CLPPP  
 Haugh, Erin, San Bernardino County DPH/You CAN! Program  
 Henry, Teslyn, San Bernardino County DPH/FAME Program  
 Jones, Angela, SB City Unified School District/Health Services  
 Limon Claudia, Riverside County DPH/*Network for a Healthy California--Latino Campaign*  
 Lopez Melodee, San Bernardino County DPH/*Network*  
 Martindale, Rev Bronica, Neighborhood Cluster Association (NCA)  
 Martinez, Debbie, City of Montclair  
 Martinez, Eddie, DSHN Chair  
 Medina, Ernie, Beaver Medical Group/Health Education  
 Medina, Maureen, SB County, DPH/*Network for a Healthy California--Latino Campaign*  
 Mickens, Astrid, SB County, DPH/*Network for a Healthy California--African American Campaign*  
 Morris, Cinthia, Riverside County DPH/*Network for a Healthy California--Worksite Program*  
 Mortimore, Julie, San Bernardino DPH/*Network Media Advocacy*  
 Nelson, Sharon, American Cancer Society  
 Orlino, Aileen, City of Chino  
 Page, CJ, Showtime Multimedia Organization, Inc.  
 Quinn, Josette, Riverside County DPH/*Network*  
 Quereschi, Durreen, Riverside County DPH/*Network*  
 Sampson, Pamela, San Bernardino County DPH/*Network*  
 Silberstein Jeanne, San Bernardino County DPH/*Nutrition Program*  
 Soeter, Grace, Healthy Families International  
 Taylor, Rodney, Riverside County – Riverside Unified School District  
 Trevino, Evelyn, San Bernardino County DPH  
 Wayne, Diane, Riverside County DPH/*Network*  
 Wu, Pamela, Riverside County DPH/*Network*

## **State Representatives**

Magrann, Susan, California Dept. of Public Health/CPNS/*Network*

## **Guests**

Beckman, Michelle, San Bernardino City Unified School District  
 Corral, Melinda, Building A Generation  
 De Luna, Maria, Riverside County DPH/*Network for a Healthy California--Latino Campaign*  
 Garcia, Leicela, Inland Behavioral & Health Services, Inc  
 Mazhar, Sana, San Bernardino DPH, Nutrition  
 Morales, Maribel, CVHN  
 Nishio, Stephanie, *Network for a Healthy California*  
 Orozco-Lopez, Miguel, Inland Behavioral & Health Services, Inc  
 Parker, Brenda, *Network for a Healthy California—Champion for Change Mom*  
 Peshek, Cindy, CVHN  
 Rivas, Daisy, Inland Behavioral & Health Services, Inc  
 Schroeder, Tracy, City of Montclair  
 Sierra, Carmen, Kids Come First  
 Smithson, Peggy, Transitional Assistance Department, SB County  
 Steele, Laurie, Transitional Assistance Department, SB County  
 Tate, David, Cal Healthy School  
 Waters, Sandra, Inland Empire Black Nurses